



Recipes & Instructions

Duncan Hines*

3-LAYER 18/8 STAINLESS STEEL
COOKWARE SET



**from one
homemaker
to another . . .**

You made a wonderful Buy!

You have every right to be proud of your beautiful, bright, gleaming set of Stainless Steel Waterless Cookware. It is scientifically designed . . . its construction and durability make it the aristocrat of modern cookware. With reasonable care, it will remain like new for years. You'll find that it will help to reduce food and fuel bills when cooking the low-heat, "waterless" way; that it makes daily cooking tasks much easier; and that your favorite recipes will turn out tastier and better than ever.

NOW . . . Your Family Can Enjoy the
HEALTH AND FLAVOR OF
FOODS COOKED THE *Waterless Way!*

Your new utensils are made of two thicknesses of stainless steel with a core of carbon steel between. This marvelous 3-ply metal conducts the heat so efficiently that you can cook foods the "waterless" way at fuel-saving low temperatures. This method helps preserve in the foods the precious minerals and vitamins that are often lost by ordinary cooking methods. In addition, foods retain their appetizing colors and rich, natural flavors. Once you have cooked the waterless way, you'll never want to go back to the old way of cooking.

**Cooking is fun . . . and you
will enjoy perfect results!**



Just follow these

EASY INSTRUCTIONS

WHAT TO DO FIRST

Before using your set, wash each piece thoroughly, using a mild soap and hot water. Rinse and dry. This will remove manufacturing oils.

CARE AND CLEANING

See instructions on inside of back cover.

GENERAL PROCEDURE

1. Select the correct size utensil for the amount of food to be cooked. For vegetables, utensil should be as nearly full as possible.
2. All cooking, except broiling and frying, is done with covers in place. DO NOT REMOVE COVERS unnecessarily while foods are cooking.
3. Always start with MEDIUM HEAT until food starts to steam and water seal (see drawing) forms under cover. Then reduce heat to LOW for remainder of cooking period.
4. Length of cooking time depends upon recipe and quantity of food being cooked. Recipes and time charts in this booklet will assist in determining cooking time.

**HERE'S WHY
18-8 STAINLESS STEEL
COOKS BETTER**



3-PLY METAL

As the drawing illustrates, each utensil is made of two layers of stainless steel with a core of carbon steel between them. This 3-ply metal conducts the heat efficiently to all parts of the utensil for "low heat" cooking.



SPECIAL DESIGN COVERS

Covers are especially designed to create a "natural seal" with the shoulder of the pan. This helps to retain food moisture containing health-giving minerals and vitamins when cooking at low-heat.

Your versatile

SAUCE PANS



USE THEM FOR . . .

- Fruits
- Puddings
- Vegetables
- Custards
- Cereals
- Sauces
- Popcorn
- Candy
- Baby Foods
- Icings

BEETS

- 2 lbs. beets
- 3 tablespoons melted butter
- Salt

Wash, remove ends and any bad portions. Cut into quarters. Crisp in cold water for 5 minutes. Drain, place in sauce pan and cook over **medium** heat until it starts to steam. Then reduce heat to **low** and cook 30 - 35 minutes. Season with salt and melted butter. Serves 8.

CARROTS

- 1 lb. carrots
- 3 tablespoons melted butter
- Salt

Wash and scrub. Scrape large carrots, leave very young carrots whole. Place in Sauce Pan. Rinse, drain; cover. Place over **medium** heat until steam escapes. Reduce heat to **low** and cook until tender — 15 to 25 minutes. Season with salt and serve with melted butter. Serves 4.

CABBAGE

- 1 medium-size head of cabbage
- 2 tablespoons butter
- Salt and pepper

Remove outer leaves and wash thoroughly. Shred and place in Sauce Pan. Cover and place over **medium** heat until it starts to steam. Then reduce heat to **low** and cook until tender — 15 - 20 minutes. Add butter, salt and pepper and toss until well-mixed.

BAKED POTATOES

First make sure that the size pan selected is such that the potatoes to be cooked will fill the pan at least 2/3 full. Select potatoes of uniform size; scrub thoroughly. Lift the potatoes from the washing water (permitting some of the water to cling to them); place in sauce pan and cover tightly. Leave over moderate heat until the cover is hot to the touch, and then reduce heat and leave over the

. . . retain that Garden-Fresh Goodness

The sauce pan — indispensable utensil of the kitchen — provides new taste thrills. Fruits and vegetables retain their appetizing colors and natural flavors when cooked the waterless way.

very lowest heat the range will carry for the desired cooking period. Allow 60 minutes cooking time for medium size potatoes.

STEAMED RICE

1 cup rice
2 cups water
 $\frac{1}{2}$ teaspoon salt

Wash rice thoroughly to remove all loose starch. Drain. Bring water to boil in Sauce Pan. Add salt. Add rice and leave over high heat until water returns to boil. Move flat-end spatula across the bottom to loosen the rice. Cover, reduce heat, but leave on moderate heat until steam appears around the cover. Now reduce heat to the very lowest the range will carry, and cook for ten minutes. Turn off heat and allow to stand for ten minutes more without removing cover. The rice is now ready to serve with Chop Suey, Shrimp Creole, or other favorite combinations, or to use in other recipes, such as rice custard pudding. Serves 6 to 8.

GREEN PEAS

3 qt. fresh peas (unshelled)
1 tablespoon butter
Salt and pepper

Shell peas; wash; and place in Sauce Pan. Cover and place over **medium** heat until steam escapes. Then reduce heat to **low** and cook until tender — 15 - 20 minutes. Season with salt and pepper and serve with melted butter.

BAKED APPLES

Select large, tart apples with red skins. Wash and core. Place in Sauce Pan. Fill center of apples with sugar, add water, enough to cover the bottom of pan $\frac{1}{4}$ inch. Cover and cook over **low** heat 1 hour. Serve hot or cold with the syrup poured over the apples, with plain cream.

CHILI CON CARNE

1 cup kidney beans
2 teaspoons fat
1 lb. hamburger
1 No. 2 can tomatoes
1 onion
3 cups water
1 teaspoon paprika
2 teaspoons salt

Soak the kidney beans overnight in cold water. Brown the hamburger and onion in butter in Sauce Pan over **medium** heat. Add tomato, water, beans and seasonings. Reduce to **low** heat, cover and cook for one hour.

SPINACH

Wash and rinse the spinach leaves through several changes of water. Fill Sauce Pan, cover and place over **medium** heat until steam escapes. Reduce heat to **low** and cook 10 to 15 minutes. Salt and serve.

Your Heavy-Duty CHICKEN FRYER



USE IT FOR

- Steaks, chops, hamburgers
- Chicken and other fowl
- Butter-cooking eggs
- Fried potatoes
- Pancakes
- Fried sea foods
- Bacon and eggs
- Sauteing all foods

PAN BROILING. This method is excellent for meats which contain natural fats. Steaks, hamburgers, sausages, bacon, lamb chops, etc. may be pan broiled. Place meat in Chicken Fryer over MEDIUM HEAT and brown gradually on each side. Do not add fat or water and do not cover. After meats are browned, reduce heat to LOW and cook as desired.

FRYING. Add fat or shortening to meats which are lean — such as liver, chicken, cubed steaks, breaded chops or fish. Then prepare as in pan broiling. Swiss steak, pork chops, fried chicken and similar foods should be covered after browning — then cooked slowly over LOW HEAT until done.

IMPORTANT! It is normal for meat to stick when first placed in a hot skillet. As soon as it has seared or browned it will loosen. DO NOT place a cold skillet over intense heat — or pour cold water into a hot skillet.

SWISS STEAK

3 lb. (1½-in. thick) round
steak
½ cup flour
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons fat
1 can tomatoes
1 small onion, minced
6 carrots, scraped
6 potatoes, peeled

Mix flour and seasonings and pound well into meat. Melt fat in Chicken

Fryer. Brown meat well in fat on one side. Turn and place potatoes and carrots around meat. Add tomatoes and onions. Cover and cook over low heat 1½ hours. Serves 6 with meat for 2 meals.

BARBECUED PORK CHOPS

3 tablespoons fat
6 pork chops (½ in. thick)
¾ cup tomato catsup
1 small bay leaf

. . . for Delicious, Golden-Brown Frying

Your Chicken Fryer will find 'round the clock use in preparing everything from the breakfast eggs to chops for dinner — and it's so easy to clean.

1 teaspoon salt
½ teaspoon pepper
½ teaspoon ground mustard
1 teaspoon celery seed
½ teaspoon cloves

Melt fat in Chicken Fryer over moderate heat. Brown chops well in the fat. Season with salt and pepper. Mix remaining ingredients and pour over chops. Cover and cook over low heat 1½ hours, or until chops are tender. Green lima beans are nice with the chops. Serves 6.

FRIED CHICKEN

2½ lbs. spring chicken
4 tablespoons flour
½ cup fat
¼ teaspoon pepper
1 teaspoon salt

Melt fat in Chicken Fryer. Flour the chicken in bag. Brown each piece on all sides and season. Stack all pieces back into the Fryer, leaving the heavier, meatier pieces at the bottom with skin side next to the fryer. Cover and cook over very low heat 1 to 2 hours (depending upon age of the chicken). Set cover ajar the last 15 minutes to crisp the browned surface. Serves 4.

FRESH SALMON STEAK

1 lb. cutlets
4 tablespoons fat
Salt and pepper

Brown one side in fat in Chicken Fryer. Turn and season with salt and pepper. Cover, reduce heat and cook 5 to 10 minutes. Serves 4 to 6.

MOCK CHICKEN LEGS

¾ lb. pork shoulder, cut in 1 in. cubes
¾ lb. veal steak, cut in 1 in. cubes
1 egg, beaten
1 cup dry bread crumbs
4 tablespoons shortening
½ cup sweet cream
Salt and pepper

Place pork and veal cubes alternately on skewers. Dip each into egg and then into crumbs. Brown in melted shortening in Chicken Fryer over medium heat. Cover and cook over very low heat about 1 hour. Turn legs during cooking period. When done, remove from pan, blend flour in drippings over medium heat, add cream, season and stir until gravy is thick. Serves 4 to 6.

POTATO PANCAKES

2 eggs, beaten
1/3 cup flour
1 teaspoon salt
½ teaspoon pepper
½ teaspoon baking powder
3 medium potatoes, grated raw
3 tablespoons milk
2 tablespoons drippings

Beat eggs and add remaining ingredients, mixing the dry materials together before adding. If potatoes are grated ahead of time, add milk or fat to them to avoid discoloration. Drop by large spoonfuls onto hot griddle. Reduce heat. When brown on one side, turn and brown on second side. Serves 6.

Your always dependable

DUTCH OVEN



USE IT FOR...

- Combination Meals
- Large Vegetables
- Roasts
- Soups and Stews
- Chicken and other fowl
- Fruits and Jellies
- Preserves

BEEF POT ROAST

4 lbs. roast of beef
4 tablespoons butter
6 potatoes
6 carrots
6 onions
3 green peppers

Place Dutch Oven over **medium** heat. Sprinkle meat with salt and pepper. When pan is hot enough to brown butter, add meat and brown on all sides. Peel the potatoes and place around the meat, turning them in browned fat. Pack the carrots between the potatoes. Fit the onions close to the meat and fit the halved peppers into the remaining spaces. Cover the Dutch Oven. Use **medium** heat for 3 minutes or until steam begins to escape. Reduce heat to **low** and cook for $2\frac{1}{2}$ hours.

HAM DINNER

1 thick ham slice (2 $\frac{1}{2}$ lbs.)
6 sweet potatoes, peeled
1 cup brown sugar
8 slices pineapple

Grease Dutch Oven with bit of fat cut from ham. Brown ham on one side; turn. Put potatoes around meat

and sprinkle with sugar. After cooking 1 hour, turn, and arrange pineapple slices over ham, and pour juice over all. Turn potatoes in liquid and cook 30 minutes more. Serves 6.

CHOP SUEY

2 tablespoons shortening
 $\frac{1}{2}$ lb. lean pork, cubed
 $\frac{1}{2}$ lb. veal, cubed
1 medium onion, minced
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
2 tablespoons flour
1 cup water
1 2-oz. can mushroom pieces
 $1\frac{1}{2}$ cups celery, cut
1 No. 2 can bean sprouts
3 tablespoons soy sauce

Heat shortening in Dutch Oven. Add meat and brown lightly. Add onion and brown lightly. Stir in flour, seasoning and water. Bring to boil; reduce heat. Cover and cook one hour. Add celery and mushrooms and cook 15 minutes more. Add bean sprouts and soy sauce the last 5 minutes of cooking. Serve over boiled rice. Serves 6.

. . . for Tempting, Old-Fashioned Flavors

With your modern Dutch Oven, you'll find that it is easier than ever to prepare your favorite meat and vegetable combinations with that delicious cooked-in flavor.

SPARERIBS & SAUERKRAUT

2 tablespoons fat
2 lbs. spareribs
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
1 qt. sauerkraut

Cut spareribs into pieces to permit lying flat in the Dutch Oven. Brown well on both sides. Add seasoning. Cover, reduce heat, and cook slowly 1½ hours. Put kraut in Dutch Oven, lifting meat to place on top of kraut. Cover and cook 30 minutes longer. Serves 6.

VEGETABLE SOUP

2 lbs. beef soup bone
and meat
1 medium onion sliced thin
Salt
Pepper
 $\frac{1}{4}$ qts. cold water
 $\frac{1}{2}$ cup celery, finely
chopped
1 tablespoon parsley, finely
chopped
1¼ cups canned tomatoes
1 cup mixed vegetables,
finely chopped (carrots,
potatoes, cabbage, and
turnips)

Brown the soup meat and bone in Dutch Oven using beef suet on meat. Add onions, salt, pepper and water. Cover and simmer over low heat until meat is tender — 2½ to 3 hours. Strain off the beef broth. Add remaining vegetables to the broth and simmer slowly until vegetables are tender — about 1 hour. Cut cooked meat from bones into small pieces and add to soup. Serves 8.

BAKED BEANS

1 qt. navy beans
8 cups water
 $\frac{1}{2}$ lb. salt pork
1 tablespoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ cup onion, finely chopped
 $\frac{1}{2}$ teaspoon dry mustard
 $\frac{1}{2}$ cup dark molasses
 $\frac{1}{2}$ cup catsup

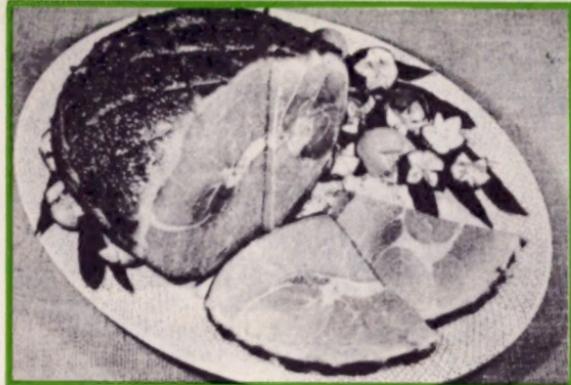
Wash, sort beans, cover with cold water and let soak overnight. In the morning, place beans in Dutch Oven, cover with fresh water and cover. Cook just below the boiling point for about 30 minutes, then skim. Meanwhile, cut salt pork into strips and fry until golden brown and nearly done. Add salt pork and seasoning to beans. Cover and simmer over low heat until tender — 3 to 4 hours. Stir occasionally. To brown top, place uncovered Dutch Oven under broiler for a few minutes. Serves 10 to 12.

MACARONI SUPPER

2½ cups tomato juice
1½ cups elbow macaroni
1½ cups cubed beef
(leftover roast)
1½ medium onions, minced
1 teaspoon salt
2 teaspoons Worcestershire
Sauce
1 lb. American cheese,
cubed

Bring tomato juice to boil in the Dutch Oven. Add remaining ingredients except cheese. Cook, stirring to prevent sticking until macaroni is tender (about 15 minutes). Add cheese, cover, and leave over very low heat, 5 minutes or until cheese is partially melted. This is an excellent quick supper dish in which any leftover meat may be used. Serves 6 to 8.

DELICIOUS COMPLETE



USE IT FOR...

- Whole Meal Favorites
- Top-Stove Roasting
- Soups and Stews
- Large Quantity Vegetables
- Jellies and Preserves
- Deep Fat Frying
- Canning

VEAL ROAST

3 lbs. veal roast .
2 tablespoons fat
Salt
Pepper
Ginger
Potatoes, carrots and onions

Brown meat in fat in Dutch Oven. Season. Place vegetables around meat. Cover and cook over **low** heat, 1 hour and 45 minutes. Serves 6 with meat for 2 meals.

CHICKEN CHOW MEIN

$\frac{1}{4}$ cup olive oil
1 large sweet onion
 $\frac{1}{2}$ teaspoon salt
1 cup celery slices
1 8-oz. can mushroom pieces
1 can bean sprouts
1 cup chicken broth
1 tablespoon honey
 $\frac{1}{4}$ cup soy sauce
2 cups shredded, cooked chicken
Chinese noodles

Heat oil in Chicken Fryer. Saute sliced onion and celery until lightly browned, add mushroom pieces. Cover and cook over **low** heat 15 minutes. Add remaining ingredients and heat through. Serve over fried noodles. If desired, thicken slightly by blending 3 tablespoons flour with chicken broth before adding. Serves 4 to 6.

SHRIMP CREOLE

3 tablespoons butter
 $\frac{1}{2}$ cup onion, minced
 $\frac{1}{2}$ green pepper, chopped
1 cup celery, cut
2 cans tomato soup
1 large can shrimp, cleaned
Steamed rice

Melt butter in Chicken Fryer or Dutch Oven. Add onion, green pepper, and celery. Cook until tender. Add tomato soup. Cook 15 minutes, add shrimp and cook 5 minutes, or until thoroughly heated. Serve in rice ring or around rice mold. Serves 4 to 6.

BAKED HAM

1 small or $\frac{1}{2}$ large ham
2 cups water
1 cup brown sugar

Scrub ham thoroughly and place in Dutch Oven with fat side up. Add the 2 cups of water to start the cooking process. Place on **medium** heat until contents start to steam vigorously. Reduce heat to **low** and cook about 2½ to 3 hours, allowing about 30 minutes per pound. About one-half hour before ham is done, remove from pan, skin and stick with whole cloves. Drain liquid and replace ham. Cover ham with the brown sugar. Cover and finish cooking over medium heat.

MEAL COOKERY

STUFFED PORK CHOPS

4 double-thick pork chops
Bread stuffing

COVERING

1 egg
3 tablespoons milk
1 teaspoon salt
Pepper
1 teaspoon prepared mustard
3 cups crushed crumbs

Cut pocket in each chop; fill with any bread stuffing or noodle dressing and cover as follows: Mix egg, milk and seasonings. Dip chops in this; roll in crumbs. Brown on all sides in fat in Dutch Oven or Fryer. Cover and cook over **low** heat for 1 hour. Sweet potatoes may be cooked around chops. Serves 4 to 6.

SPAGHETTI SUPPER

2 tablespoons shortening
1 lb. liver, shredded
1 large, sweet onion
2 cups tomato juice
1 cup broken spaghetti
 $\frac{1}{2}$ cup blanched almonds
1 4-oz. can mushroom pieces
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
1 teaspoon Worcestershire
Sauce

Brown liver in fat in Chicken Fryer. Add sliced onion and continue browning. Now add remaining ingredients and cook, stirring occasionally, until spaghetti is tender (about 15 minutes). Serves 6.

CORN ON THE COB

Remove all of the husks and corn-silk. Line the bottom of the Dutch Oven with inner husks. Place corn on this bed in layers, sprinkling each layer with salt. If husks are dry, add several tablespoons water. Cover and place over **low** heat and cook 15-20 minutes.

VEAL AND SPAGHETTI

1 lb. veal cutlet
Salt and pepper
Onion juice
Flour
1 teaspoon Worcestershire
Sauce
2 tablespoons butter
 $\frac{1}{4}$ cup water
1 package spaghetti
1 can tomato soup

Cut veal into very small pieces; season with salt, pepper and onion juice; and roll in flour. Place Dutch Oven over **medium** heat and add butter. When butter is brown, add the meat and brown it well on all sides. Sprinkle with Worcestershire Sauce, add water and cover. Reduce heat to **low** and cook 30 minutes. Then remove the cover and add the **cooked** spaghetti and tomato soup. Cover and allow the entire contents to heat thoroughly — about 30 minutes. Serve in a hot serving dish with parsley sprigs. Serves 6 to 8.

MEAT



Meat — the main dish — tastes better than ever when cooked in your Stainless Steel Ware.

GENERAL INSTRUCTIONS

You can roast meat on top of the range with LOW heat in your Stainless Steel Ware:

1. Pre-heat the utensil over MEDIUM HEAT.
2. It is pre-heated sufficiently when a dab of butter placed on the bottom turns brown.
3. Place meat in utensil and brown thoroughly on all sides.
4. Season meat. Then cover. As soon as steam begins to escape, LOWER THE HEAT. Keep heat sufficiently high so that only an occasional puff of steam escapes from cover.

PAN BROILING or FRYING — See instructions under Chicken Fryer.

ENJOY TASTIER MEATS

Not all meats are expensive . . . in fact, the largest part of any animal goes into inexpensive cuts that only need proper cooking to make them tender. These inexpensive cuts are often the most nourishing and most flavorful — long, slow cooking makes them tender and brings out all the goodness of their flavor and food value.

MEAT BUYING CHART

BROILING

- Bacon
- Chops
- Hamburgers
- Liver
- Sausages
- Steaks

BRAISING

- Beef Pot Roast
(Rump, chuck or round)
- Lamb Shanks
- Spareribs
- Veal Cutlets

SIMMERING

- Breast
- Brisket
- Corned Beef
- Neck
- Shank
- Short Ribs

FISH

Fish can be cooked to that degree of perfection attained by expert chefs.



BAKED FISH

Scale fish; bone and remove head and tail. Rinse in cold water and dry thoroughly. Salt and stuff with any type stuffing desired. A stuffing made with green peppers and finely chopped onions is very tasty. Tie stuffing in fish and sprinkle with cornmeal. Heat 2 tablespoons of shortening in Chicken Fryer and brown fish on both

sides. Cover Chicken Fryer and bake slowly 20-25 minutes on one side. Then turn fish and bake 20-25 minutes on other side. When done, remove from pan, dot with small pieces of butter and garnish with finely chopped parsley leaves. Serve with lemon slices.

PAN FRIED FISH

(General procedure for all varieties of fish)

To brown fish without drying, serving pieces of fish are first dipped in a wetting material and then in a coating of some kind. The purpose of the wetting material is to make the coating "stick" to the fish. Serving pieces may be dipped in ice water, milk, egg, or milk and egg mixed.

Popular coatings are: crushed cereal crumbs, crushed bread or cracker crumbs, Cream of Rice, flour, corn-

meal, or a mixture of flour and cornmeal.

It is important to keep the coating material dry, for wet crumbs will not brown nicely. A good way to coat fish is to drop the dipped pieces, one at a time, into a paper bag of the coating material. Shake the bag and then lift the piece of fish from the bag into the frying pan.

PAN FRIED FISH

Cooking fat
3 lbs. fillets
1 egg, slightly beaten
3 tablespoons milk
 $\frac{1}{2}$ cup cornmeal
 $\frac{1}{2}$ cup flour
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

Heat cooking fat in Chicken Fryer over **moderate** heat. Cut fish in serving pieces. Dip in mixture of egg and

milk and then shake in bag containing the cornmeal and flour. Place fish in hot fat and leave over **medium** heat for 3 minutes; cover, reduce heat and cook 3 more minutes. Remove cover, sprinkle with salt and pepper, turn, and cook on second side an additional 3 minutes, raising the heat to medium and sprinkling with salt and pepper. Serve with wedges of lemon and a garnish of parsley or watercress. Serves 6.



FRESH VEGETABLES

To enjoy vigorous good health and the charm of radiant well-being, there is no tonic like nature's own fruits and vegetables. They are our best and least expensive source of health-giving vitamins and essential minerals. To receive the full benefit and to enjoy flavor at its best, however, vegetables must be correctly cooked. The general rule is to cook them while still fresh and crisp, cook them quickly without water or in a minimum amount of water to develop their best flavor.

GENERAL DIRECTIONS

1. Wash vegetables. Rinse in cold water. Leave vegetables whole and unpeeled whenever possible because valuable minerals are directly beneath the skin.
2. Fresh vegetables require only rinsing in cold water before cooking. However, if vegetables have lost their garden crispness and natural moisture, add a small amount of water ($\frac{1}{4}$ cup or less).
3. Cover and cook over MEDIUM HEAT.
4. When steam starts to escape from cover, turn heat to LOW and cook until done.

TIME CHART FOR COOKING VEGETABLES

The timetable below is an approximate guide — actual cooking time will vary depending on the quantity, age, condition and size of pieces being cooked.

Asparagus	15-25 min.	Corn, Cut	5-10 min.
Asparagus Tips	10-15 min.	Corn, on Cob	10-15 min.
Beans, Gr. or Wax	20-35 min.	"Greens"	15-25 min.
Beans, Lima Green	30-40 min.	Kohlrabi	20-35 min.
Beets, Young	35-45 min.	Onions	25-35 min.
Beets, Old	1-1½ hrs.	Parsnips	30-40 min.
Broccoli	15-25 min.	Peas	15-20 min.
Brussels Sprouts	15-20 min.	Potatoes	35-50 min.
Cabbage	15-25 min.	Potatoes, Sweet	30-45 min.
Carrots, Young	15-20 min.	Rutabaga	25-35 min.
Carrots, Old	20-30 min.	Salsify	30-45 min.
Cauliflower	15-25 min.	Spinach	10-12 min.
Celery	15-20 min.	Squash, Yellow	25-35 min.
Chard	15-20 min.	Tomatoes	10-20 min.
		Turnips	25-30 min.

FROZEN FOODS



FROZEN VEGETABLES

Frozen vegetables require a shorter cooking period than does the fresh product because they have been submitted to a short scalding or blanching period before freezing. In addition, freezing serves to tenderize vegetables, and, since making them tender is one of the reasons for cooking, the time can be reduced. In addition, since all frozen vegetables have been scalded, one can cook them all in the same general way. With the aid of your Sauce Pans frozen vegetables can be cooked quickly to conserve all their natural tastiness and food value. With exception of corn on the cob and solid blocks of frozen vege-

tables such as spinach, there is no need to defrost until ready to prepare for the table.

GENERAL PROCEDURE

Place the frozen vegetables in your Sauce Pan, sprinkle them with salt (one teaspoon of salt is about right for vegetables for six servings), pour one-quarter cup hot water over the vegetable, cover tightly, and place over high heat until the water boils, then reduce heat and cook for time indicated in the table. If there is an excess of liquid, uncover the pan during the last part of cooking period. If there is considerable frozen liquid on the frozen food, the amount of water can be reduced to one or two tablespoons.

Timetable for Frozen Vegetables

Cook quickly in minimum amount of water

Leave Sauce Pan covered until steaming starts

Asparagus	5-8 minutes	Corn, on Cob	3-5 minutes
Beans, Lima	16-20 minutes	Peas	6-8 minutes
Beans, Snap	12-15 minutes	Spinach	4-6 minutes
Broccoli	5-7 minutes	Squash, summer ...	heat thoroughly
Brussels Sprouts	2-3 minutes	Squash, winter	heat thoroughly
Cauliflower	5-8 minutes	Swiss Chard	8-10 minutes
Corn, Cut	3-4 minutes		

FRUITS . . . Fruits are best if served just before they are completely defrosted. The easiest way to thaw is to place unopened fruit container in pan of warm water.

MEAT . . . Meat can be cooked either thawed or frozen. Allow additional cooking time for frozen meats.

FOWL . . . For chicken or other fowl, melt off all the ice by using cold running water. Wipe dry and cook.

FISH . . . Thaw fish in container — then cook the same as fresh fish.

FRUIT COOKERY



Your Stainless Steel Ware is excellent for fruit cookery, since most recipes require the close-fitting cover. Also the ready conductivity of the specially-constructed Stainless Steel makes for quick, uniform heat. Most fresh fruits are served raw, and so individual recipes are not given for apricots, plums, grapes, and the like, though a homemaker frequently

wants to convert these fresh fruits into sauces if they begin to get too ripe or there is danger of spoilage.

GENERAL DIRECTIONS

A good common rule is to wash the fruit; put it into a Sauce Pan; add just enough water to show in between the pieces of fruit as the pan is tipped; cover and cook 20 to 30 minutes, adding sugar, if desired, for the last 5 minutes of the cooking period.

APPLESAUCE

Use sour, slightly underripe, but flavorful apples. Allow one medium size apple per serving. Wash, cut in quarters, remove cores and all defects, and pare if the sauce is to be eaten without straining it. Place in Sauce Pan, add water until it can just be seen between pieces of apples when the pan is tipped. Cover and cook over low heat until the apple is tender when pierced with a fork. Add 1 teaspoon of sugar for each apple, if fairly sweet apples are used, or 2 teaspoons if apples are very tart. For those who like "chunk" applesauce, serve as is, either warm or cold. If a smooth sauce is desired, beat in electric mixer or with a wooden spoon. For strained applesauce, force through colander-strainer before adding sugar. Applesauce is a traditional accompaniment to roast pork, roast duck, and pork sausages.

CRANBERRY SAUCE

Use 2 cups sugar and 1 cup water per quart of cranberries. Remove all defects and wash fruit. Mix all together in Sauce Pan, cover, and cook over moderate heat for 10 minutes or until the skins burst. Skim and cool before serving. May be used as dessert or accompaniment. Serves 8.

PEARS

Allow 1 to 2 tablespoons sugar for each pear, depending upon the size of the fruit, and use only water enough to start the cooking, since the fruit is usually quite juicy. Cook whole, or cut, cored and pared. Place in Sauce Pan, add water, cover, and cook 30 minutes or until tender when pierced with a fork. Serve warm or cold with the juice poured over, with cream.

. . . enjoy Fresh, Natural Flavors

Fruits are a special treat when cooked the waterless way because they look better — and those fresh-off-the-vine flavors are preserved.

RHUBARB

Use 4 cups rhubarb (cut in 1-inch lengths) and 2/3 cup of sugar for six servings. Wash well, but do not skin if stalks are tender and crisp. Use only the amount of water that clings to the fruit as it is lifted from the washing water. Cover Sauce Pan and cook over low heat for about 20

minutes to extract the juice. Uncover; raise heat, and cook more rapidly for 10 minutes. If not sweet enough, additional sugar may be added after cooking. 1 lb. of rhubarb produces about 4 cups of cut stalks after removing leaves and root ends. Serves 6.

COOKING DRIED FRUITS

Modern dried fruits seldom need soaking and, since both texture and flavor are improved with quick cooking as compared to overnight soaking, we are giving the quick-cook method. In case the fruits have dried out, they may be soaked overnight in water to cover.

GENERAL DIRECTIONS

For fruit in good condition, cover with water and bring to boil in a covered Sauce Pan and cook for 30 minutes, or until the skin is tender. The addition of sugar is optional. Approximately 4 tablespoons of sugar for each cup of dried fruit of the tart varieties, or 2 tablespoons for each cup of the sweet fruits, is about right. One cup of dried fruit yields 2 cups or better after cooking, and makes 4 to 5 servings.

APPLES

Rinse, cover with water, cover, and boil 40 minutes over low heat. Add 1/4 cup of sugar for each cup of fruit for last 5 minutes of cooking. Few grains of salt and cinnamon may be added, if desired.

APRICOTS

Rinse, cover with water, cover, and boil 30 minutes over low heat, adding 1/4 cup sugar the last five minutes.

FIGS

Rinse, cover with water, cover, and boil 20 minutes over low heat. Add 1 tablespoon sugar for each cup of figs during last minutes of cooking.

PEACHES

Rinse, cover with water, cover, and boil for 5 minutes. Remove skins with fork. Cover again, and cook for 40 minutes, adding 1/4 cup sugar per cup of peaches the last 5 minutes of cooking.

PEARS

Rinse, cover with water, cover, and cook over low heat for 30 minutes, adding 1/4 cup sugar per cup of pears the last 5 minutes.

PRUNES

Rinse, cover with water, cover, and cook 45 minutes. If a sweeter fruit is desired, add 2 tablespoons sugar per cup the last 5 minutes.

SAVORY SOUPS



One of the grand uses for Stainless Steel Ware is in the preparation of the delectable, old-fashioned soups which were characteristic of the period when the wood range and cast-iron soup kettle permitted the slow, long cookery necessary to produce the best flavor without scorching. This same cooking technique can be accomplished over a very low heat in Waterless Cookware.

CHICKEN NOODLE SOUP

5 lb. stewing hen
1 tablespoon salt
3 quarts water
Pepper
2 stalks celery with leaves
 $\frac{1}{4}$ cup grated carrots
1 cup fine noodles
Parsley

Clean, rinse, disjoint fowl to fit Dutch Oven. Sprinkle with salt and pepper. Add cold water to cover, and bring slowly to boil. Reduce heat and simmer 3 hours or until meat drops from the bones. Take meat and bones out of liquid. Add vegetables and cook just below the boiling point for 30 minutes. Remove meat from bones. Save large pieces for other recipes. Mince small pieces for 1 cup of fine meat and add to soup. Add noodles for the last 10 minutes of cooking. Serve garnished with parsley. Serves 6 to 8 with meat for another meal.

CREAM OF POTATO SOUP

3 large potatoes, diced
1 qt. milk
3 slices onion
3 tablespoons butter
3 tablespoons flour
1 tablespoon salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon celery salt
Chopped parsley
Paprika

Cook the potatoes until very soft, using the 2-qt. Sauce Pan and just enough water to cover. Cook, covered, reducing the heat to avoid scorching, after boiling starts. Scald the milk and onion in another Sauce Pan over

moderate heat. Melt butter in Dutch Oven, blend in the flour and add the milk, stirring to make a smooth sauce. Cook for 7 minutes. Lift out the onion slices so that they do not go into the soup. Add the seasonings and the potatoes, which should be whipped to a granular consistency or rubbed through a colander-strainer. Cover and leave over **very low** heat until thoroughly hot. Serve with sprinkling of parsley and paprika on each serving. Serves 6 to 8.

SPLIT PEA SOUP

$\frac{1}{4}$ cup ham fat
1 medium onion, chopped
1 cup celery slices
4 celery leaves, minced
2 tablespoons flour
1 cup split peas
2 qts. water
1 teaspoon salt
 $\frac{1}{2}$ cup minced ham
1 cup light cream
Paprika

Melt fat in Dutch Oven. Add celery and onion and brown lightly. Blend in flour and stir in part of water in which peas have been soaking. Bring to boil. Add remaining water, peas, and seasoning. Cover and cook over **very low** heat for 3 hours. The peas may be soaked in the water overnight, though do not need as much soaking time as beans. For most flavorful soup, use water in which a ham bone has been boiled. When more convenient, soak peas 1 hour and cook in water 2 hours. Just before serving, add cream, and heat. Serve with paprika sprinkled on each serving. Serves 6 to 8.



STAINLESS STEEL WARE STAYS *Beautiful*

CARE AND CLEANING

Your Stainless Steel Ware with its smooth, hard surface and rounded edges is easy to clean. It will stay bright and gleaming — the pride of your kitchen — if you follow these few suggestions:

- A. After each use, wash the utensils thoroughly in hot, mild soapsuds. Rinse and dry completely. Store with covers removed.
- B. If cookware is greasy, sprinkle inside and bottom with a mild dry cleanser and rub with a damp dish cloth. (Note: If steel wool pads are used, be sure to rinse out the steel filings and dry thoroughly.)
- C. The outside surfaces may be cleaned, if necessary, with plastic scouring pads — DO NOT use metal scouring pads or abrasive cleaners.
- D. Sudden changes in temperature may cause any metal to warp, therefore:
Never pour cold water into a hot utensil.
Heat utensils gradually. Avoid placing a cold pan over intense heat.

IF COVER STICKS . . .

Covers fit so perfectly that, if a utensil is permitted to cool, a partial vacuum may form and the cover cannot be removed. When this happens, simply heat the utensil until air expands to loosen the cover.

NOTICE: Periodically, check and tighten handle screws. If pan is dropped, for safety's sake, always check the handle for damage.



REPLACEMENT PARTS SERVICE

Should a handle or knob become damaged accidentally, it can be replaced for a minimum charge by writing to the address below. To facilitate prompt service, please identify by trademark and type of replacement (handle or knob).

REGAL WARE, INC.

Customer Service Dept.
KEWASKUM, WISCONSIN 53040